

Bilingual/Bicultural Counseling and Support Services

Brief Program Description

According to the 1990 U.S. Census, 16% of Mountain View's total population is comprised of persons of Hispanic/Latino origin. Over 64% of Hispanic/Latino families in Mountain View are immigrants, or first generation Mexican-Americans. Because of their cultural background, limited English language skills, and limited incomes, they have few opportunities to assimilate into the mainstream Mountain View community. The youth often feel rejected, isolated, and unable to bond with their school. They lack the surrounding culture and supporting institutions that provide them with Latino identity. Caught between their Latino heritage and an Anglo community, it creates a devastating loss of self-esteem and identity, which can lead to the disproportionate risk behaviors described above.

Program Strategies

Bilingual/Bicultural Counseling and Support Services, in-house at the agency site:

- Counseling and education programs to sustain youth and their families
- Information and referral services to low-income families
- Individual and group activities for at-risk youth
- Child abuse intervention and prevention services
- Intervention and prevention services for domestic violence and rape
- Latino women's support group
- Staff training
- Parent education groups
- STEP program
- Drug and alcohol counseling/assessment
- Suicidal ideation assessment

Bilingual/Bicultural Counseling and Support Services in schools:

- Individual counseling during the school day
- Group counseling during the school day
- Gang prevention groups
- Parent education and support groups using the STEP program on school sites (day and night classes)

Outreach to Middle Schools:

- Outreach to Latino youth in middle schools centered around issues such as gangs, pregnancy prevention, alcohol/drugs, and so on. For example, "Anti-Bullying" and "Friendship" groups have been implemented in some schools.
- Cultural events and appreciation
- Checking academics/homework/tutoring, e.g. "Homework Club" and "Recess Gameroom"

Population Focus

Hispanic/Latino youth with limited English language skills and limited incomes.

Suitable Settings

This program can be implemented in school and agency/community settings.

Required Resources

The following resources (available in Spanish and English) are required:

- Just for Kids: A life skills and drug/alcohol awareness education program.
- Second Step: A program designed to instill empathy through teaching conflict resolution skills and anger management skills.
- Conflict Resolution Peer Training Program: A program that teaches selected children to help their peers resolve conflicts by helping to mediate disputes.

Implementation Timeline

The Just for Kids program runs the entire school year in 8-week segments, repeated 3 times during the year in all of the elementary schools of Mountain View and in one elementary school in Los Altos. The Conflict Resolution Trainings also run in 8-week segments and are done per requests of schools (school-based classes). The Latino Movement at Mountain View High School runs the entire school year; parent groups run on school campuses during the school year as well as in the summer. There is also yearlong individual, family, couples, and group counseling at the agency site and on school campuses; the counseling runs the school year. The Latino women's group runs year round, as are pre- and post-test assessments. Psychological testing is by requests from the parents, school, or the therapist of a client.

Outcomes

Major program outcomes include the following:

- 75% of all Latino youth that received CHAC services were better acculturated, had greater confidence, and appeared to feel more part of their school community
- 90% of the children that went through the Homework Club at their school turned in their homework
- 10% of high school youth reduced their alcohol or drug use
- Approximately 60% of parents in the programs used other means than physical to discipline their children
- Most of the youth that went through the Anger Management or Conflict Resolution programs used other than physical means to resolve conflict
- 100% of individual children/adolescent clients took the pre- and post-test/evaluation tool based on the Asset Model
- Approximately 70% of youth in the programs improved classroom behavior
- Approximately 10% of domestically violent clients reduced their incidences of violence
- Youth and/or families in treatment greatly improved their ability to communicate with one another

Contact Information

For indepth information on this program, please use the contact listed below.

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